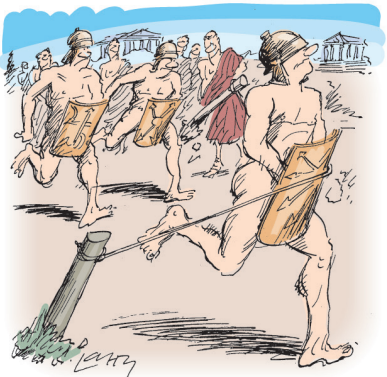


Athletics



In Ancient Greece, athletics were a preparation for armed combat and formed all the first competitive events, which were run naked apart from shield and helmet

Even in the early Olympics, runners had personal trainers who disciplined their lives with fixed-time training sessions, special diets of nuts, barley bread and cheese, a wine ration and an admonition to avoid sex. By 394AD, the Games had been banned as pagan by the Christian emperor **Theodosius I**. Olympic speed and endurance races disappeared for over 1,000 years